



**Oregon ASK**  
Afterschool & Summer for Kids Network

# ASSET-BASED MENTAL HEALTH SUPPORTS VIRTUAL COHORT

Participants will gather strategies, knowledge, and feedback through guided application of knowledge from 5 themes of Asset-Based Mental Health.

## **Supporting Youth Mental Health in Out of School Time - April 14th**

Exploring how out-of-school time programs play a role in student mental health, how they support social-emotional health and how to address youth needs in your program. HSN Set 2

## **Positive Community Connections - April 21st**

Exploring how community influences youth, examining factors of positive community connections and strategies on fostering positive youth relationships. HGD Set 2

## **Empowering Youth Voice and Identity - April 28th**

Examining how our actions positively impact youth voice and how strategies can be incorporated to increase youth voice in programs. HGD Set 2

## **Supporting Youth through Family & Mentor Relationships-May 5th**

Examining our own systems of support and exploring strategies to authentically engage families through inclusive practices & policies. FCS Set 2

## **Holistic Strategies to Support Healthy Youth - May 12th**

Examining what holistic health means and strategies to support it in terms of child health and development, and develop a plan to implement holistic strategies in your programs. HSN Set 2

**LEAD FACILITATOR: KASSY ROUSSELLE**

**WEDNESDAYS | 10AM-12PM**

**COST \$150**

**REGISTER  
HERE**

## ASSET-BASED MENTAL HEALTH SUPPORTS COHORT

This 5 consecutive week series will provide time and virtual space for afterschool professionals to explore and apply strategies from a breadth of mental health resources. The series will incorporate asset-based approaches from 40 Developmental Assets and Whole School, Whole Community, Whole Child (WSCC) frameworks that emphasize strategies most applicable to afterschool & summer programs.

This cohort model will encourage participants to share real life challenges as they deepen their understanding while participating in application of strategies and practices within organizational systems. Participants will examine how out-of-school time programs work to support students' social-emotional health outcomes over the students' lives, particularly incorporating culturally-responsive practices that recognize not everyone deals with Mental Health in the same ways.

### Timeline

- [Apply HERE](#) to Participate by April 1st
- Complete [Betty Gray Scholarship](#)  
Application by April 1st
  - Select Cohort Training in Section 2
  - Send verification of scholarship to OregonASK by April 9th
- OregonASK will send invoice for total/remaining balance
  - You can pay the full \$150 or use \$100 of scholarship toward this training
- All participants will be asked to complete commitment form & pre-survey April 12th
- **Attend weekly trainings April 14-May 12**
- Complete reflective post-cohort survey by October 1st

### Who is Eligible for Betty Gray Scholarships?

- If you work directly with children or supervise staff who work directly with children at least **20 hours a week** in an Oregon Office of Child Care licensed facility
- If you are an **Oregon Registry Step 1 or above**. Applicants automatically evaluated for Step 1 or 2 if you are not already in the system.
- This Cohort is an eligible training for cohort training scholarships already received, up to **\$100**

### Participant Requirements

- Participants commit to attend trainings (at least 80% live), complete pre-work and reflection components on weekly basis
- Participants must complete pre-survey, individual session evaluations throughout the series, and a post-cohort survey
- Create plan for applying knowledge through systematic implementation in program/organization.